

Martial Arts

Preschool Strangers and Safety ♥

This class covers subjects such as getting lost, strangers, getting help and so much more. It is presented in a way that is fun and at a preschool level.

Calavera Hills Community Center: Meeting Room 1

Instructor: Leah Snead

Age: 3Y - 4Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58320	10:00-10:45am	Sa	Sep 14	1c	\$20/\$30

Self Defense and Safety ♥

This workshop covers topics such as strangers and how to escape a possible abduction. Safety in public, school lock-down procedures, bullies, body boundaries, basic self-defense and so much more.

Calavera Hills Community Center: Meeting Room 1

Instructor: Leah Snead

Age: 5Y - 10Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58341	11:00am-12:00pm	Sa	Sep 14	1c	\$25/\$35

Karate ♥

Toddler

This class is fun introduction to Karate. Preschool learning techniques and props are used. Students practice basic blocks and kicks in a fun and age appropriate atmosphere. They will learn to be in a class and graduate into the preschool Karate classes.

Calavera Hills Community Center: Activity Room

Instructor: Leah Snead

Age: 2Y - 3Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58318	10:30-11:00am	W	Sep 11-Oct 16	6c	\$65/\$75
58319	10:30-11:00am	W	Oct 30-Dec 4	6c	\$65/\$75

Preschool Beginner/Advanced

Miss Leah creates a disciplined environment where children learn basic kicks, punches, blocks and stances of Shito-Ryu style Karate. Class develops improved motor skills, balance and coordination. As development progresses children learn stances, combination moves, correct form and technique, and katas. Uniforms are required and may be purchased from instructor.

Calavera Hills Community Center: Activity Room

Instructor: Leah Snead

Age: 3Y - 5Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58312	9:30-10:15am	W	Sep 11-Oct 16	6c	\$65/\$75
58313	9:30-10:15am	W	Oct 30-Dec 4	6c	\$65/\$75

Stagecoach Community Center: Activity Room

Instructor: Leah Snead

Age: 3Y - 5Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58314	11:30am-12:15pm	Th	Sep 12-Oct 17	6c	\$65/\$75
58315	11:30am-12:15pm	Th	Oct 31-Dec 12	6c	\$65/\$75

Karate: After School ♥

Level I

Students will learn combination kicks, blocks and punches of Shito-Ryu style karate. Students will also learn katas and advance through a belt structure. Good choices and behavior are taught along with respect and discipline. Karate uniforms are required and may be purchased from instructor. Age overrides are not permitted for this program.

Calavera Hills Community Center: Activity Room

Instructor: Leah Snead

Age: 5Y - 10Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58432	4:30-5:30pm	M	Sep 9-Oct 21	6c	\$75/\$85
58433	4:30-5:30pm	M	Oct 28-Dec 9	6c	\$75/\$85





Level II

This class can help your child develop respect, patience, self-confidence, improved flexibility, and coordination. Level II teaches self-defense techniques and katas used in the style of Shito Ryu. Students will progress through a belt structure and have the opportunity to compete in tournaments. Age overrides are not permitted for this program.

Harding Community Center: Recreation Hall

Instructor: Leah Snead

Age: 5Y - 10Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58434	5:45-06:45pm	W	Sep 11-Oct 16	6c	\$85/\$95
58435	5:45-06:45pm	W	Oct 30-Dec 4	6c	\$85/\$95

American JKA Shotokan Karate ♥

Beginners

Great form of exercise and self-defense! Introduces students to basic karate techniques and forms for self-defense that build strength, coordination and flexibility. Special emphasis is placed on providing tools for developing self-discipline and confidence, along with skills for dealing with peer pressure, conflict and bullying.

Harding Community Center: Auditorium

Instructor: Russell Adderson

Age: 7Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58126	5:00-6:00pm	M/W	Sep 9-Nov 2	23c	\$126/\$136
	8:30-9:30am	Sa			
58127	5:00-6:00pm	M/W	Nov 4-Dec 21	20c	\$110/\$120
	8:30-9:30am	Sa			

Intermediate/Advanced

Great form of exercise and self-defense! Develop a mastery of basic techniques while introducing advanced ideas and techniques for sparring and self-defense. More intense training allows students to increase their physical, mental and emotional endurance. Opportunities for competition available.

Harding Community Center: Auditorium

Instructor: Russell Adderson

Age: 12Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58128	6:00-7:00pm	M/W	Sep 9-Nov 2	23c	\$126/\$136
	10:00-11:00am	Sa			
58129	6:00-7:00pm	M/W	Nov 4-Dec 21	20c	\$110/\$120
	10:00-11:00am	Sa			

Martial Arts

Japan Karate Federation ♥

Youth: Beginning and Advanced

JKF provides training in an authentic martial arts environment as you learn karate techniques. Through discipline and perseverance you progress through the ranks. As you progress in skill, knowledge and conditioning, you will learn more advanced forms, sparring and self-defense techniques.

Stagecoach Community Center: Activity Room

Instructor: Sean Langlais

Age: 6Y - 12Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58187	7:00-8:00pm	M	Sep 9-Nov 2	23c	\$72/\$82
	6:45-8:15pm	W			
	9:00-10:00am	Sa			
58188	7:00-8:00pm	M	Nov 4-Dec 21	20c	\$66/\$76
	6:45-8:15pm	W			
	9:00-10:00am	Sa			

Adult: Beginning/Advanced

As a beginning student you are introduced to training in an authentic martial arts environment. Introduction to Kobudo and Jui Jitsu offers you an opportunity to train in multiple martial arts. As you progress in skill, knowledge and conditioning, you will learn more advanced forms, sparring and self-defense techniques.

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Stagecoach Community Center: Activity Room

Instructor: Sean Langlais

Age: 12Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58189	8:00-9:15pm	M	Sep 9-Nov 2	23c	\$79/\$89
	8:15-9:30pm	W			
	10:00am-1:00pm	Sa			
58190	8:00-9:15pm	M	Nov 4-Dec 21	20c	\$66/\$76
	8:15-9:30PM	W			
	10:00am-1:00pm	Sa			

Kendo Japanese Swordsmanship ♥

Basic and Advanced

Kendo began in ancient Japan as a method of combat. The purpose and methods have changed with society, but Kendo continues developing character, self-discipline, respect and physical fitness. Practice includes basic footwork and sword technique for the first 90 minutes. During the final hour advanced students wear armor and practice technique matched with a partner.

Harding Community Center: Recreation Hall

Instructor: Ted Mason

Age: 8Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58214	3:00-5:30pm	Su	Sep 8-Oct 27	8c	\$42/\$52
58215	3:00-5:30pm	Su	Nov 3-Dec 22	8c	\$42/\$52

Soo Bahk Do ♥

Basic and Advanced

Soo Bahk Do is a Korean Martial Art practiced today as a method of self-defense and exercise which has been in existence for centuries. It develops coordination, muscle conditioning, discipline, self-control, confidence and self-respect. Students may achieve a high level of mental, spiritual and physical well-being. Advanced students practice final 30 minutes.

Calavera Hills Community Center: Activity Room

Instructor: Ted Mason

Age: 8Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58221	6:30-8:00pm	Th	Sep 12-Nov 2	16c	\$84/\$94
	1:00-2:30pm	Sa			
58219	6:30-8:00pm	Th	Sep 12-Oct 31	8c	\$42/\$52
58217	1:00-2:30pm	Sa	Sep 14-Nov 2	8c	\$42/\$52
58579	6:30-8:00pm	Th	Nov 7-Dec 21	13c	\$63/\$73
	1:00-2:30pm	Sa			
58220	6:30-8:00pm	Th	Nov 7-Dec 19	6c	\$32/\$42
58218	1:00-2:30pm	Sa	Nov 9-Dec 21	7c	\$37/\$47

Wing Chun Kung-Fu ♥

Wing Chun is the only martial art credited as being designed by a woman. This is a beginner class and participants will learn the first form of Wing Chun, Sui nim tau, which means 'little idea'. Uniforms and prior experience are not required. Class will be geared toward enlightenment, self-defense and awareness of self-defense scenarios.

Stagecoach Community Center: Activity Room

Instructor: Greg Distefano

Age: 13Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58230	7:10-8:10pm	Th	Sep 12-Oct 31	8c	\$120/\$130
58232	7:10-8:10pm	Th	Nov 7-Dec 19	6c	\$90/\$100